

# Handwashing Procedures

**1**

Wash hands with hot water.

**2**

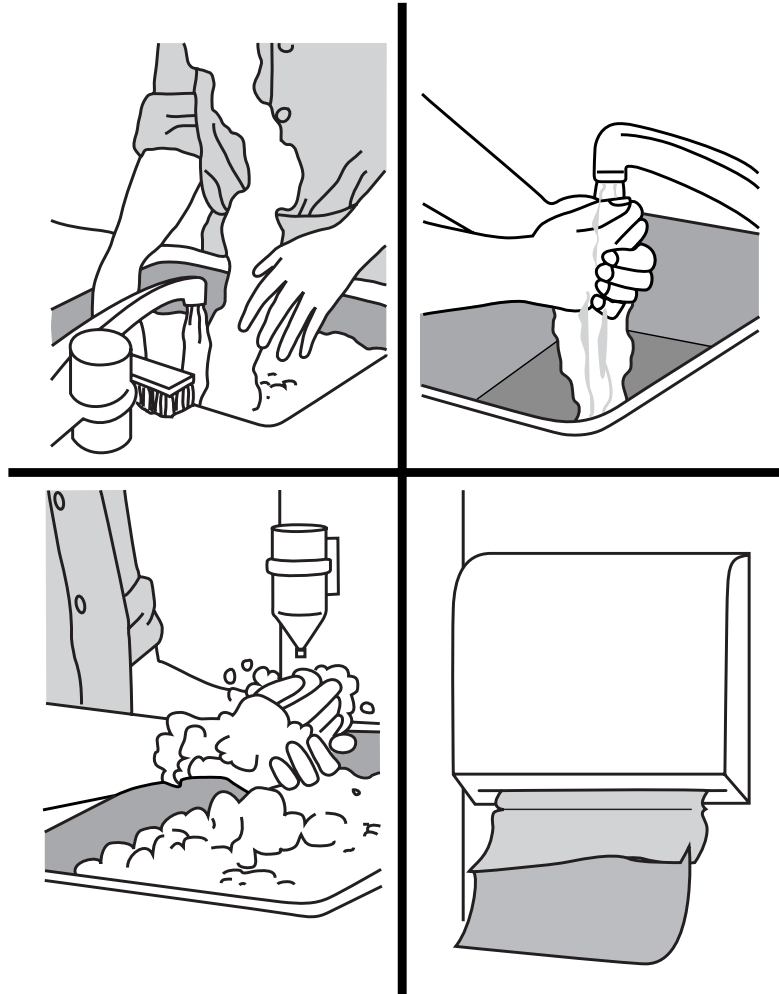
Apply one tablespoon of soap from soap dispenser and lather up to the elbow.

**3**

Create friction by rubbing hands together for at least 20 seconds (sing your ABC's or Jingle Bells).

**4**

Wash all surfaces on hands, fingers and wrists, around and under fingernails, around rings, and as high up on the arms as possible.



**5**

Rinse thoroughly under running water.

**6**

Dry with paper towels or hot air dryer.

**7**

Turn off faucets while holding paper towels.

## Always wash hands thoroughly:

- before returning to food preparation activities.
- after visiting restrooms.
- after taking a break.
- after touching hair, face, money, trash or dirty dishes.

For more information contact



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DIVISION OF ENVIRONMENTAL HEALTH SERVICES

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